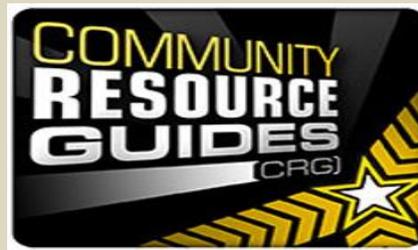


What is the Fort Benning Community Health Promotion Council?

Mission: Organize, plan, coordinate and implement comprehensive health promotion and well-being processes based on initiatives to enhance resiliency and readiness for the Fort Benning Community.

Looking for Installation Resources? Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/content/pdf/FBGA%20CRG%202.pdf>



Looking for a little fitness competition?

Join the Fort Benning Fitbit Team!

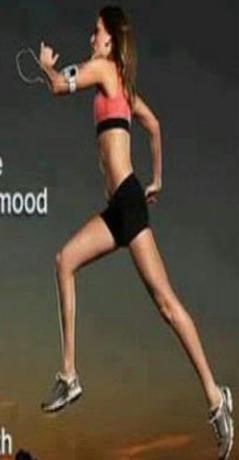
Team Name: Team Benning "Don't Sit, Get Fit"

<https://www.fitbit.com/group/22GJT4>



Benefits of Regular Exercise

- Helps prevent excess weight gain
- Helps maintain weight loss.
- Prevents high blood pressure
- Improves your mood
- Boosts your confidence
- Improves your self-esteem.
- Improves your muscle strength



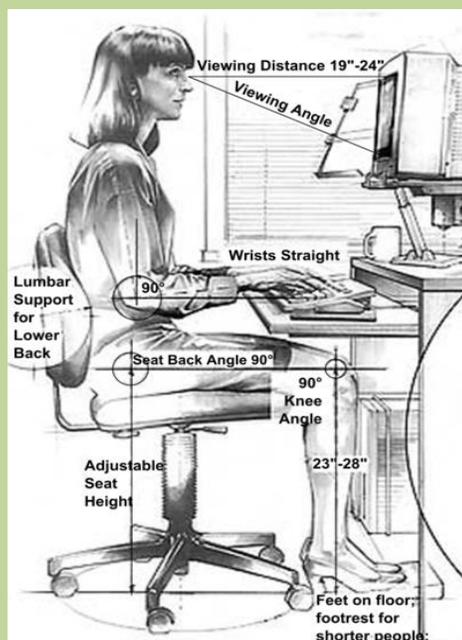
rawforbeauty.com

Keeping the “Occupational Athlete” Fit With Ergonomics

Submitted By: Tony Price, Exercise Physiologist/Strength & Conditioning Specialist, Martin Army Hospital

The modern day workforce, or “occupational athletes”, can be viewed as the backbone of the working class. As such, special measures should be taken to keep the modern day worker healthy and to prevent as many future problems as possible. Ergonomics is the science of adapting workplace conditions and job demands to the capability of the worker (OSHA, 2000). The goal of ergonomics is to ultimately reduce musculoskeletal disorders, stress and eliminate injuries associated with poor posture by incorporating some basic principles from physiology, biomechanics, kinesiology, as well as a host of other disciplines (Lindle, 2015).

Proper ergonomics has significant short term and long-term benefits for the employee and employer. For the employee, self-education will extend the health of their own physical body well into retirement and cut down on health care costs over time. Taking care of your body means getting more out of it as you live so you can do more things with your loved ones. For the employer, proper ergonomics will drastically cut down on healthcare costs paid by the employers and increase employee productivity. According to a 2011 report by the Bureau of Labor Statistics, musculoskeletal disorders accounted for 33% of all work injury and illness cases.



An example of good ergonomic practice would be raising a surface for someone that is too tall currently using it, or getting a step stool for a person too short to use that exact same surface (Hayhurst, 2015). The very principle lies in accommodating the work place to the individual, not the other way around. In a more common setting where majority of workers spend their time sitting at a desk and looking at a computer screen, many modifications can be made to the workstation to improve the experience of the individual there. As seen in the illustration to the left, this is an ergonomically correct position that places the least amount of stress on the body (Lindle, 2015). The spine and neck are relaxed and neutral to one another, about 1½ feet to 2 feet away from the computer monitor. The elbows are flexed at 90 and parallel to the floor. Arguably the most important thing of all is the back posture. Notice how there is lumbar support for the lower back and the seat is at 90°. Studies show that an angle of 90-110° when sitting progressively unloads the spine, lessening the disk pressure almost equal to that as when standing. If nothing else, this alone will work wonders on posture and protecting the integrity of the back over the years to come so our nation’s Occupational Athletes can be world’s best.



Did you know?

Breast cancer is the most common cancer among women in the United States (other than skin cancer). But millions of women are surviving the disease thanks in part to early detection and improvements in treatment.

The American Cancer Society is actively fighting breast cancer by helping women get tested to find breast cancer earlier, and helping them understand their treatment options and cope with the physical and emotional side effects. We also fund research to help prevent, find, and treat breast cancer.

BREAST CANCER INFORMATION FOR PATIENTS



Whether you're trying to reduce your risk of breast cancer, increase the chance of finding it early, or coping with a diagnosis, the American Cancer Society has comprehensive information to help you understand your options.

- [Lowering Breast Cancer Risk](#)
- [Detecting Breast Cancer Early](#)
- [Treating Breast Cancer](#)
- [Latest News About Breast Cancer](#)

- [Breast Cancer Survivor Stories](#)
- [Breast Cancer Videos](#)
- [7 Things to Know About Getting a Mammogram](#)
- [See All Patient Information About Breast Cancer](#)

Source: <http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/breastcancer>

Got Health & Wellness Goals?

How often do you set yourself a goal and then fail to achieve it?

5 Goal Setting Mistakes You Need to Avoid

- Your goal is too general or too vague
- Your goal is too difficult and not realistic
- You are not committed to your goal
- You don't have a plan to reach your goal
- You don't take action

<http://www.dumblittleman.com/2013/01/5-goal-setting-mistakes-you-need-to.html>

Every master was once a disaster. The top people in any given field were rookies at one point. Most people play to not lose with their goals; we have to play to win!

~ Gary Daly

Author of Personal Goal Setting

www.achievegethgoalsinlife.com/personalgoalsetting